



## Mental Health Awareness Month Events

May 2022

The following includes events from the Maryland Department of Health's Behavioral Health Administration (BHA) and events from local jurisdictions and partners:

**Wednesdays (May 11, 18 and 25):** [Mental Health Wednesdays at the Market](#) offers free events at markets throughout Baltimore City, including Northeast Market, Lexington Market, Hollins Market, Avenue Market and Broadway Market.

**May 13:** Mid Shore Behavioral Health's 11th annual [Across the Lifespan Conference](#)

**May 13:** Harford County's [Your Mind Matters](#) event at Ripken Stadium

**May 13:** Montgomery County's [Untamed on the Commons](#) event features a performance by local teen band as well as support for youth mental health, information about [BTheOne.org](#), and other local support services.

**May 14:** Calvert County [Community Baby Shower](#)

**May 19:** Montgomery County's [Break the Taboo](#) is a forum on youth mental health and substance use

**May 21:** [Virtual NAMIWalks](#): Virtual and in-person events throughout May, plus May 21 event, hosted by National Alliance on Mental Illness Maryland.

**May 21:** [Caroline County Memory Walk](#) honoring loved ones lost to overdose and promoting hope and healing for those who suffer with loss.

**May 25:** Calvert County [Community Conversations, a discussion](#) celebrating an innovative approach to treatment and impacted by substance use.

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## Other MH Month Activities

**BHA's Mind Resilience:** "[31 Days of Discovering Your Super Power](#)" includes a daily theme, activity, journal prompt and affirmation created by the [Anne Arundel County Mental Health Agency](#).

**Mental Health Association of Maryland:** [Maternal Mental Health webinars](#) (May 12 and June 9)

**Maryland MACS** (Maryland Addiction Consultation Service): [May virtual events and trainings](#)

**Maryland ROTA** (Rural Opioid Technical Assistance) [May trainings and info sessions](#)

### Harford County:

- Harford County has a social media campaign featuring businesses offering discounts for Mental Health Awareness Month with proceeds supporting their crisis center.
- Six billboards running this month featuring mental health awareness.
- A Harford school recorded a video message to be sent out to families.
- A butterfly campaign fluttered peoples yards with butterflies to spread a message of hope. Butterflies are left in the yard for a week and those people then surprise someone new with them.

### Behavioral Health Systems Baltimore:

- Social media campaign: *What has helped your mental health this past year?* Snap a photo of yourself with an object or doing an activity that has supported your mental health care, send us a quote that resonates with you, or send a photo of a pet or another thing that brings you joy, peace, or comfort.

### Allegany County:

- Positive mental health messages and resources have been posted on the [Mental Health Matters Allegany website](#) and the Mental Health Matters Allegany Facebook page.

**Maryland Department of Budget and Management** state employee events: [virtual Spring Wellness Fairs](#)